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Q&A

with **DRS. KHAJA ASADULLAH
AND AYESHA AKBAR, M.D.**

Bringing a new & innovative Anti-Aging clinic to the Gold Coast

Q: What is your philosophy of anti-aging?

A: We believe anti-aging is advanced preventive health care. Our clinic's philosophy is to deliver the best possible anti-aging medicine in a comprehensive manner, focusing not only on the symptom, but also on the underlying cause. We believe everybody has a right to live a healthy and pleasurable life. This anti-aging medicine gave us a platform to create a symphony of hormones, which can bring balance to one's mental and physical state so that they can lead a healthy lifestyle. We are committed to providing the very best in anti-aging medicine so that our patients can live well while looking their best.

Q: What are some new and innovative treatments your practice offers?

A: Our clinic offers weight loss programs, bio-identical hormone therapy, clinical nutrition and metabolic, physiological and genetic testing. All treatments are geared toward removing interference, supporting deficiencies and allowing your body to function without concentrating on drugs as the only option. When necessary, we utilize bio-identical hormones and bio-identical hormone replacement

therapy. We also strive to keep any targeted pharmaceutical treatment with the shortest duration possible.

Q: What are some unique features of your practice?

A: The practice provides men and women with physician-directed programs that promote vibrant health, longevity and wellness. Midwest Anti-Aging reflects our physicians' passion to bring an integrative approach to patient care, while merging the latest in scientifically-validated treatment protocols with the best of conventional medical therapies. Everyone who works in our office must make the commitment to excellence.

Q: What kind of experience do patients get at your practice?

A: A life-changing experience! We have built our practice on a deep commitment to our patient and their needs. We pride ourselves on educating our patients about anti-aging medicine and comprehensive care, with a lot of listening involved. It is a comfortable, relaxing experience that is all about our patients.

Our mission is to provide consistently highest standards of health care delivery to our local communities.



Photography by: David Sampson, www.davidcsampson.com

Q: Why should patients young and old seek you as their health care providers?

A: Baby-boomers across this nation are now seeking the health care expertise of anti-aging doctors to provide very early detection, as well as effective treatment, to help them live long and fulfilling lives. Anti-aging is advanced preventive health care-- we can't stress this enough! It is a health care model promoting innovative science and research to prolong a healthy lifespan in humans. We encourage the young and old to book a consultation. It's never too early for preventative measures, and it's never too late to look and feel your best.

Q: What motivated you to become an anti-aging physician?

A: After many years of being led by the pharmaceutical companies, we felt the need to branch out and receive independent training in order to treat the causes and not the symptoms of sicknesses. It's often easier to prescribe a remedy to diminish symptoms, instead of attempting to discover the root of the health condition. We believe in treating the cause first and foremost.

“You are never too old to become young.”

Q: What sets your practice apart from others in Chicagoland?

A: We are board certified MD's with the American Board of Anti-Aging and have an upper hand in dealing with and treating various medical issues. In addition to our anti-aging focus, we run a state of the art comprehensive weight loss program. We offer a number of programs to serve the different needs of different people, such as weight loss medications, Beta HCG for weight loss, and Body Sculpting technique. These programs have extremely successful results and high degree of patient satisfaction.

Q: What are your keys strengths?

When it comes to anti-aging we are very creative in personalizing treatment for patients' individual needs, ranging from weight loss to bio-identical hormones to oral growth hormone-- all under one roof. We take pride in educating people about their health care needs.

Q. What is the most rewarding part of your job?

We love what we do! We are passionate about anti-aging medicine, overall wellness and the prevention of illness. As physicians, it enables us to make a difference in someone's life.

Q. Describe your practice in eight or less words?

You are never too old to become young!



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